

## ABSTRACT OF THE DISCLOSURE

In a washing method of a drum type washing machine, a large amount of the laundry can be more effectively washed by effectively transmitting a mechanical force to the laundry by repeatedly and forcedly rotating a drum forward  
5 (or clockwise) or backward (or counterclockwise) for a short predetermined time. Through continuous rotation of the drum of the drum type washing machine, a falling washing is performed such that the laundry in the drum is washed by falling by a gravity, or a reversing washing is performed such that the laundry is washed by repeatedly rotating the drum forward (or clockwise) or backward (or  
10 counterclockwise) for a short predetermined time, thereby improving energy efficiency through economizing a washing time and washing water according to the amount of the laundry, and also preventing a waste of power by driving a heater at a proper time.